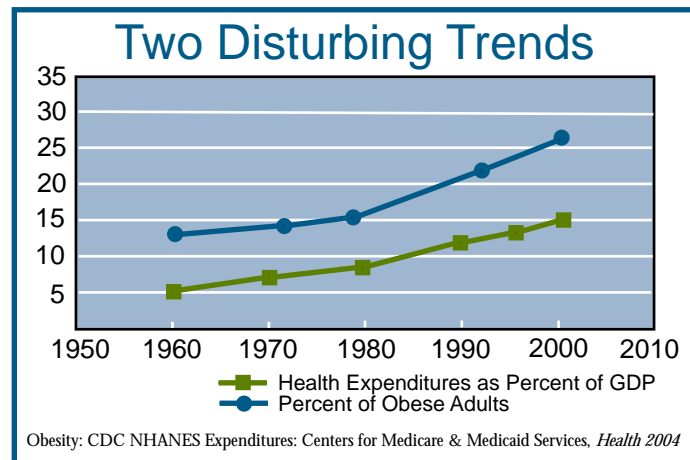


Why Invest In Worksite Wellness?

**Implement a worksite wellness program,
and you may save 25 percent of your health-care costs.**

The Rising Spiral of Health-Care Costs

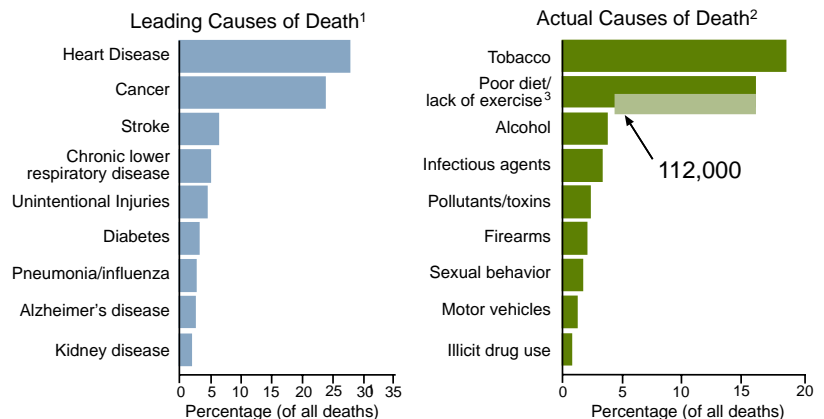
- The news is not encouraging. According to *Business Week*, family health-care premiums increased 49 percent from 2000 to 2004. Another increase of 12-15 percent is expected in 2005. General Motors expects to spend \$5.6 billion on medical costs in 2005, or 40 percent more than it earned in profits in 2004.
- More and more research shows that poor diet and lack of exercise are major drivers of increases in health-care costs for employers. The number of obese adults has doubled since the 1970s.
- The rise in obesity has a significant impact on health-care costs. On average, 2002 health-care costs for an obese person were \$1,244 higher than for a person with a healthy weight.
- Obesity is causing rapid increases in type 2 diabetes and contributes directly to a 65 percent increase in diabetes treatment from 1987 to 2002. Almost \$1 of every \$5 spent on health care in the United States is for a person with diabetes.



Treating employee health care as an investment, rather than a cost, can yield long-term dividends

- At least 50 percent of your organization's health-care costs are driven by the lifestyle-related behaviors of your employees, such as smoking, poor diet, and lack of exercise.
- In the past 10 years, the annual return on investment for worksite wellness programs has been as much as \$6 saved for every \$1 spent, doubling the return on investment of earlier programs.
- The average reduction in health-plan costs, sick leave, disability costs, and workers' compensation is more than 25 percent for well-designed worksite wellness programs.
- Fit employees are more productive employees, with fewer sick days, fewer accidents, higher morale, and lower job turnover.

Causes of Death in United States - 2002



Sources: 1 National Vital Statistics Reports, Vol. 53, No. 15, February 28, 2005.

2 Adapted from McGinnis Foege, updated by Mokdad et. al., 2000.

3 JAMA, April 20, 2005 - Vol 293, No. 15, pg 1861.